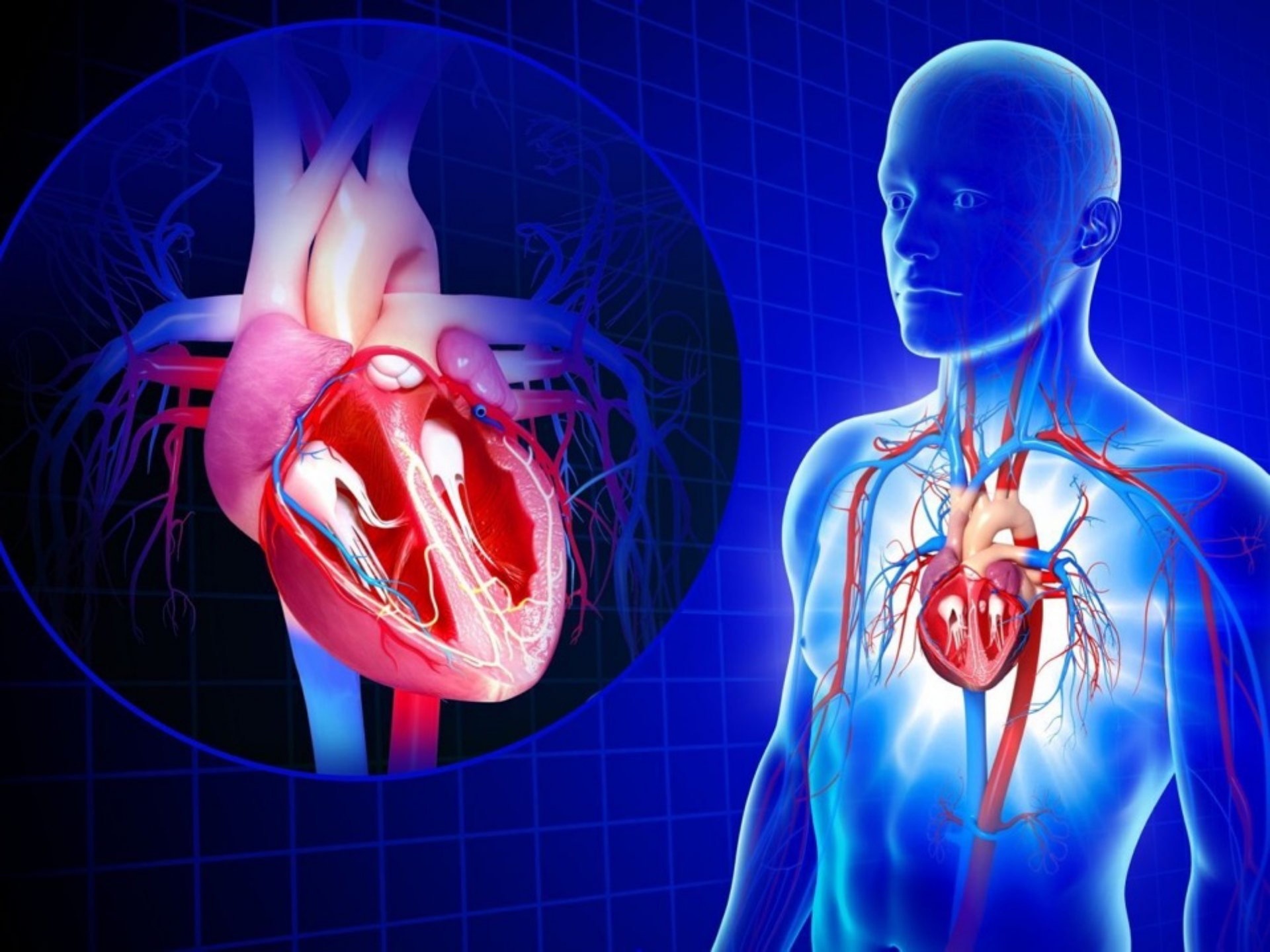
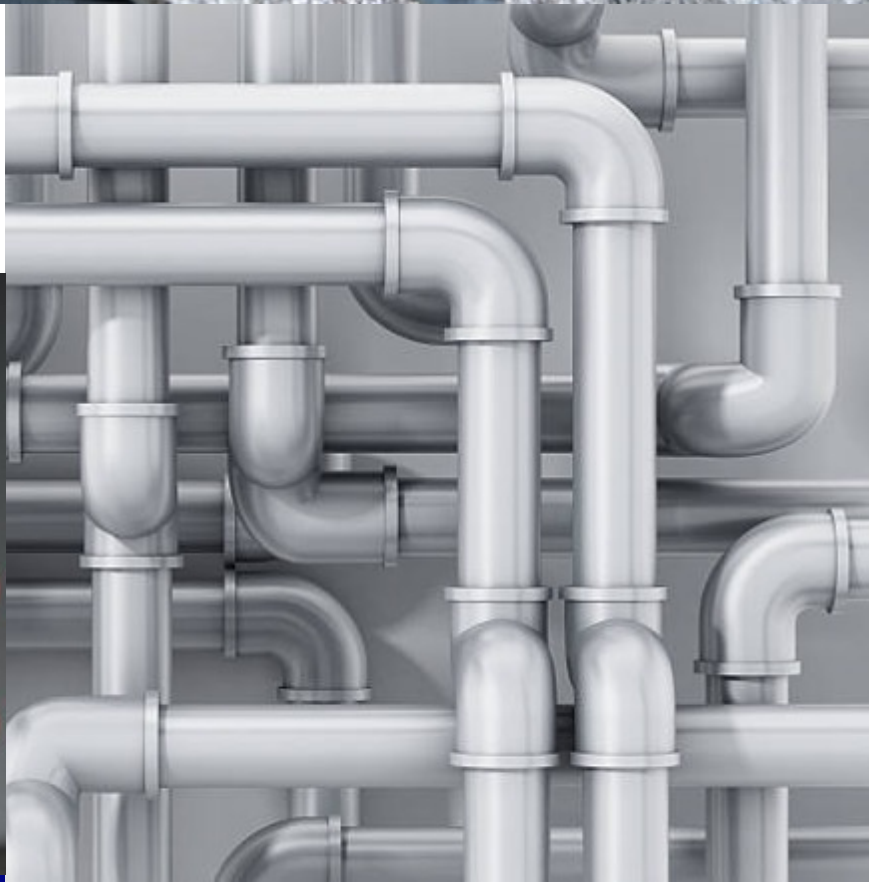
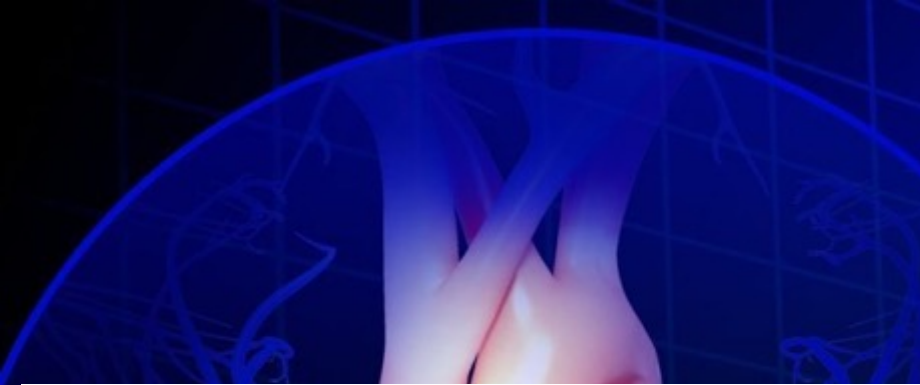
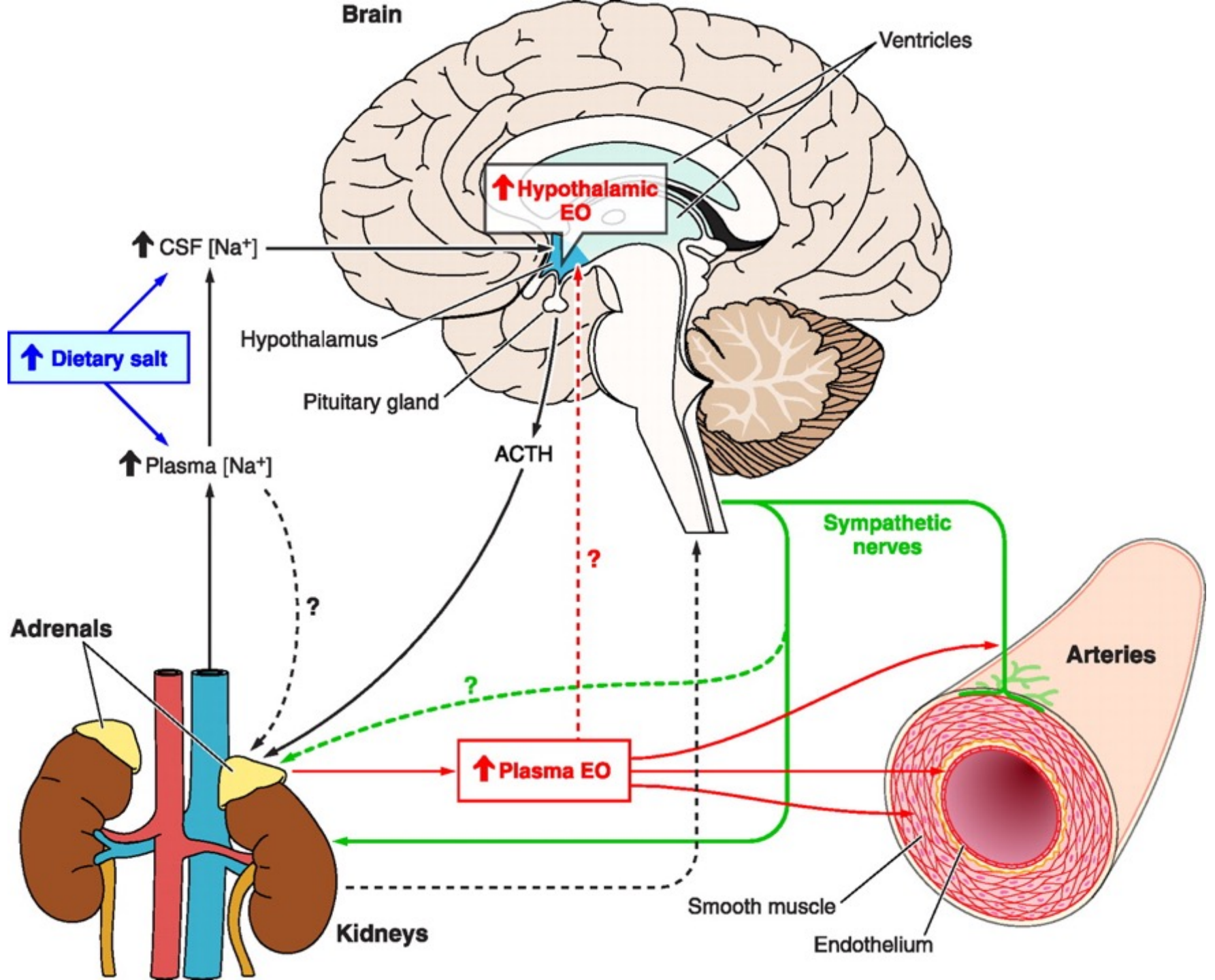


Reversing Hypertension Naturally

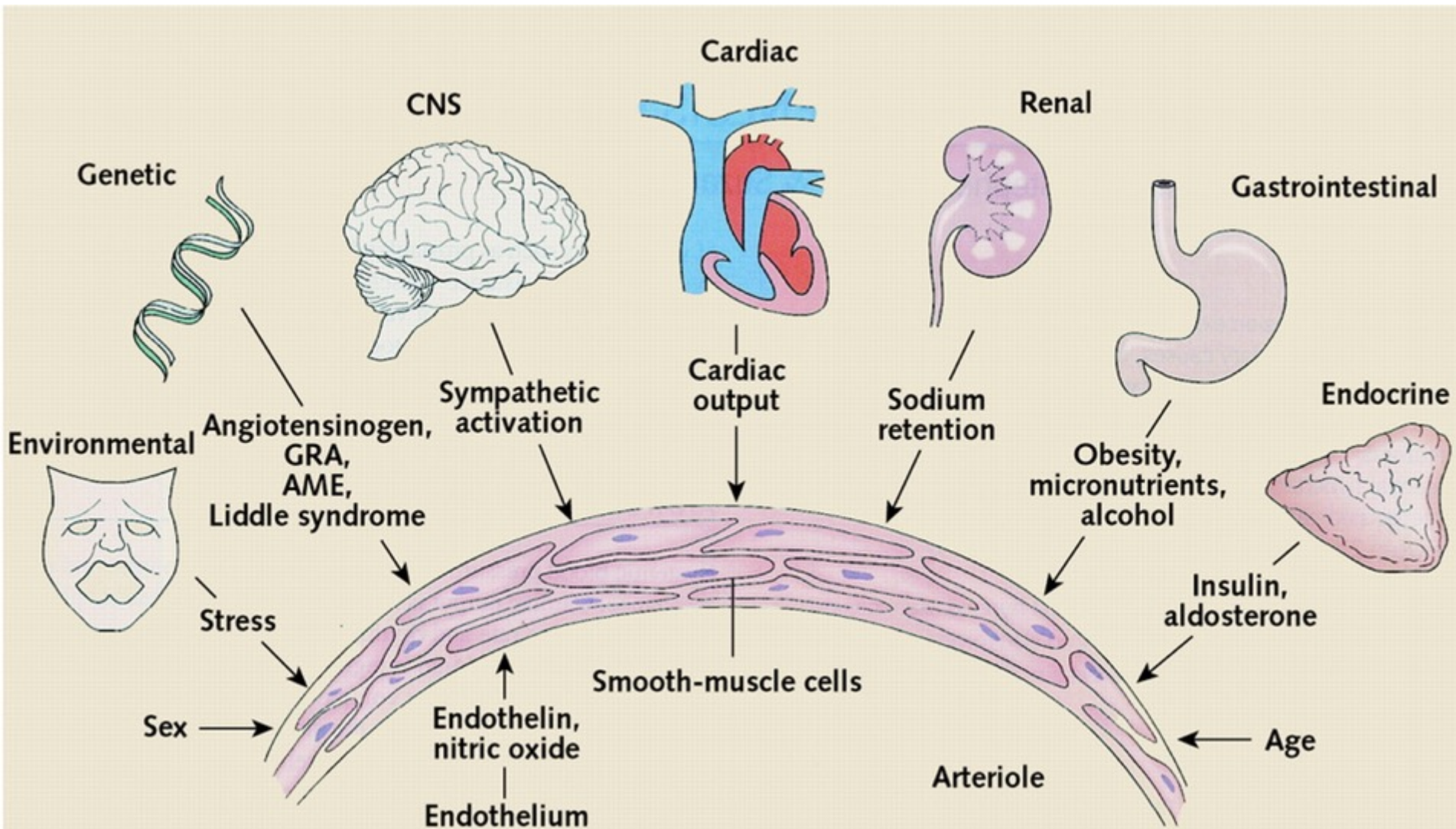








Hypertension: Contributing Factors



Age



Alcohol¹



Chronic Kidney Disease



Drugs – Illegal²



Drugs – Legal³

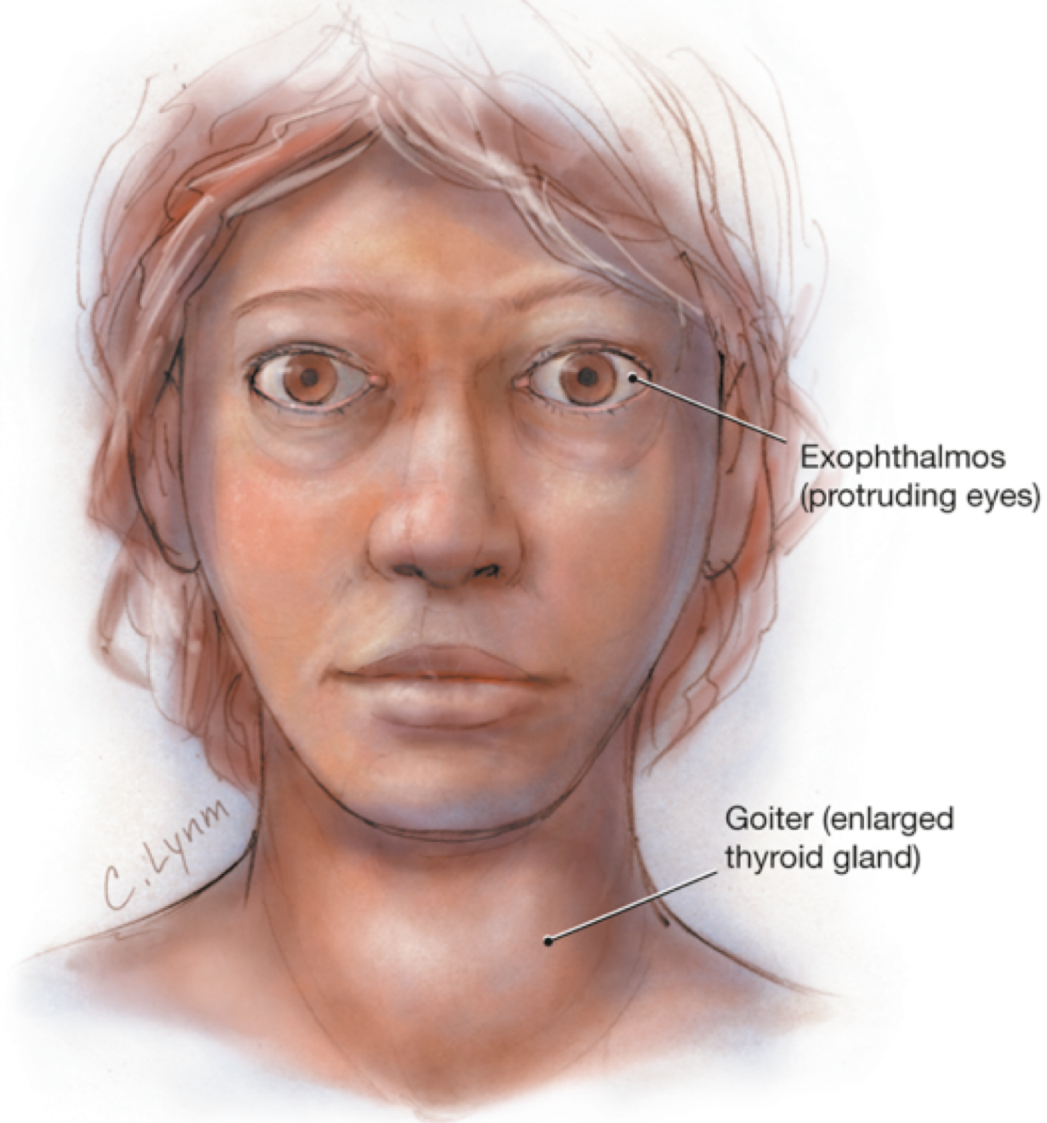
- Tylenol
- NSAIDS (Motrin, Aleve, etc.)
- Cough/cold meds
- Nasal decongestants
- Birth control pills and other estrogens
- Testosterone
- Antidepressants
- Corticosteroids
- Angiogenesis inhibitors
- Immunosuppressants
- Migraine medications
- Performance-enhancing drugs
- Caffeine

Genetics



Hyperthyroidism⁴

Hyperthyroidism in Graves disease



Overweight/Obesity⁵

Leptin



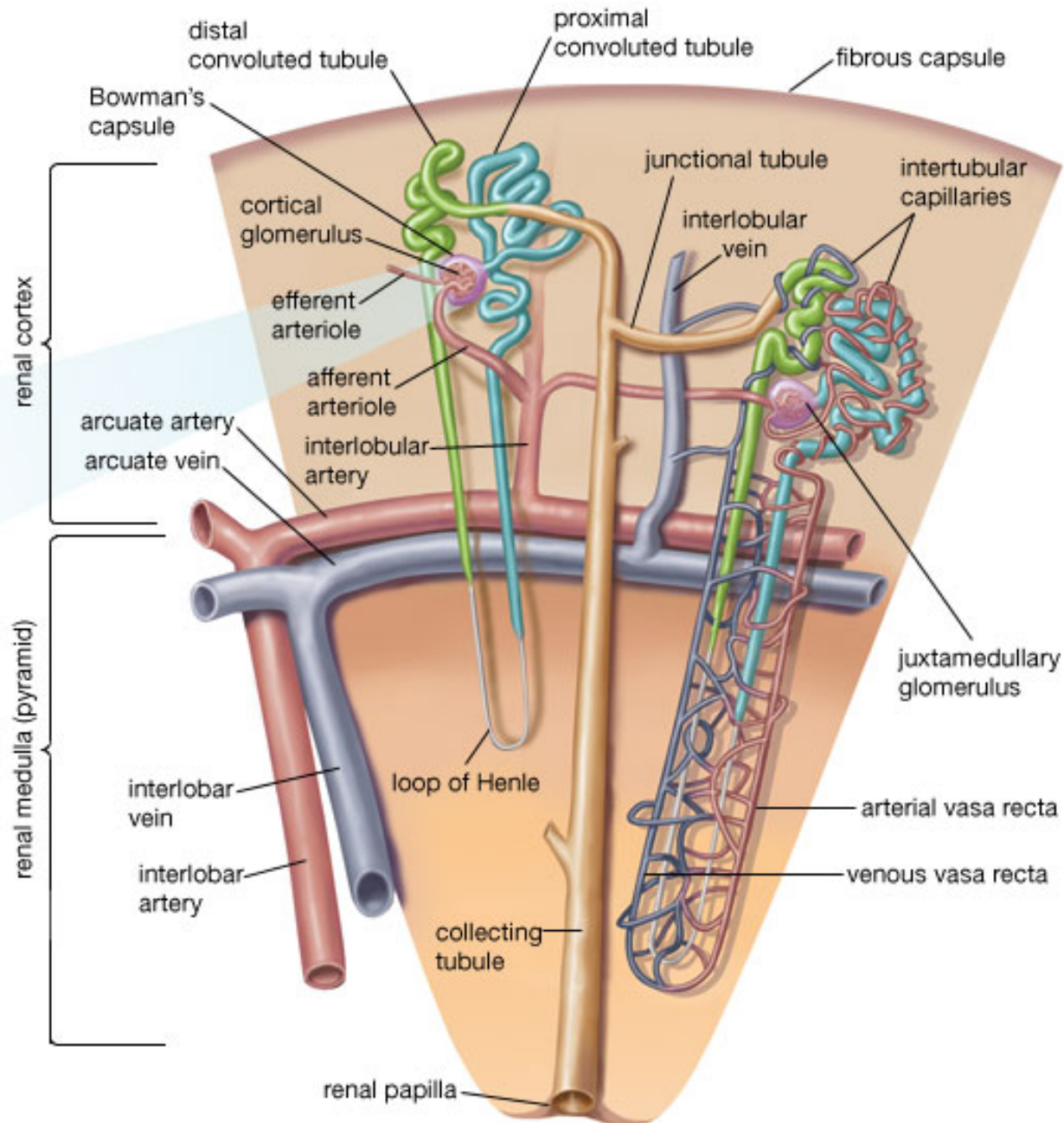
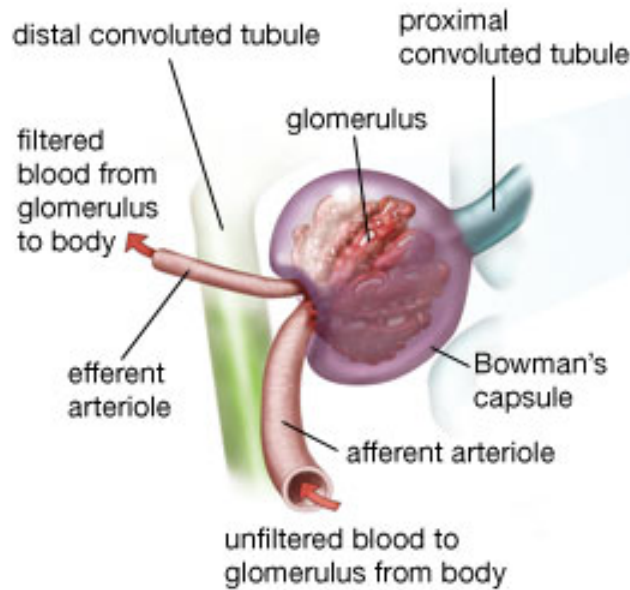
Physical Inactivity⁶



Salt (Excess)⁷



renal corpuscle



Smoking⁸



Sleep Apnea



Stress⁹



Hypertension¹⁰

- Normal <120_{mmHg} / <80_{mmHg}
- Elevated 120-129 / <80
- Hypertension Stage 1 130-139 / 80-89
- Hypertension Stage 2 ≥ 140 / ≥ 90



High Blood Pressure Symptoms



**SILENT
KILLER**

Main complications of persistent High blood pressure

Brain:

- Cerebrovascular accident (*strokes*)
- Hypertensive encephalopathy:
 - *confusion*
 - *headache*
 - *convulsion*

Retina of eye:

- Hypertensive retinopathy

Blood:

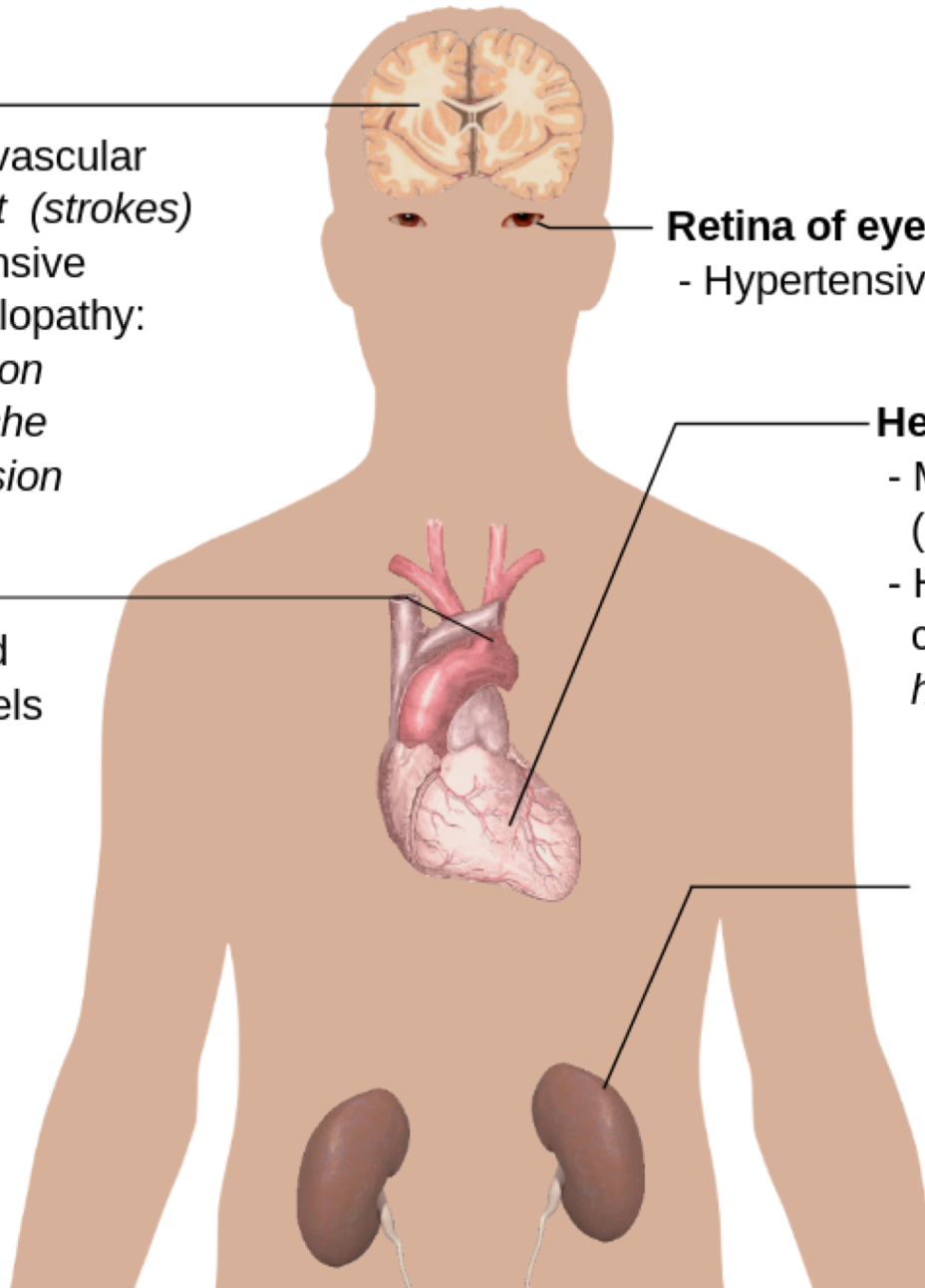
- Elevated sugar levels

Heart:

- Myocardial infarction (*heart attack*)
- Hypertensive cardiomyopathy:
heart failure

Kidneys:

- Hypertensive nephropathy:
chronic renal failure



Steps to Overcome Hypertension Naturally



Step 1

Fast¹¹



Jerry's Story





Step 2

Eat a low sodium diet





Step 3



Maintain a high potassium-to-sodium ratio¹²

- Nuts/seeds
- legumes (soy is best)
- Dried fruits
- Whole grains
- Fruits
- Mushrooms
- Lambsquarters
- Squashes/potatoes



Step 4



Include BP-reducing foods

- Black seed¹³
- Blond psyllium¹⁴
- Flax¹⁵
- Garlic¹⁶
- Olive¹⁷
- Wheat bran¹⁸



Step 5

Use BP-reducing supplements

- Coenzyme-Q10¹⁹
- Folic acid²⁰
- Guar gum²¹
- L-arginine²²



Step 6

Use BP-reducing herbs

- Hibiscus²³
- Olive leaf²⁴



Step 7

Exercise²⁵



Step 8

Avoid alcohol and tobacco



Step 9

Lose weight



Step 10

Get good sunshine²⁶



Step 11

Get good sleep²⁷



Step 12

Breathe deep²⁸ (4-7-9)



Step 13

Reduce your environmental noise²⁹



Step 14

Do Hydrotherapy Treatments

- Hot foot bath³⁰
- Hot bath³¹



Step 15

Eliminate your stress



Summary

- 1. Fast
- 2. Eat a low salt diet
- 3. Maintain a high potassium-to-sodium ratio
- 4. Include BP-reducing foods
- 5. Use BP-reducing supplements
- 6. Use BP-reducing herbs
- 7. Exercise
- 8. Avoid caffeine, alcohol, and tobacco

Summary

- 9. Lose weight
- 10. Get good sunshine
- 11. Get good sleep
- 12. Breathe deep (4-7-9)
- 13. Reduce your environmental noise
- 14. Do Hydrotherapy Treatments
- 15. Eliminate your stress





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